

Witchcraft

Beyond the Basics



With
Ariel Gatoga

Week One Homework Assignments:

I Work with the Morning Meditations once per day as close to the time of first rising each day as possible. Do your very best to do the meditation each morning.

II Work with the Evening Meditation once per day, as close to the time of retiring for the night as possible. Do your very best to do the meditation each night. If you miss a night, do your very best to do the next night.

III Work with the Orb of Light Meditation once per day (any time you can is fine). If you are not familiar with the Grounding and Centering, Orb of Light and Rainbow power meditations from A Witch's Primer. Work with each of those meditations for the first week before working with the version of the Orb of Light included in this course. This version is a simplified and quicker version. It is best if you are already trained in the original forms of these operations prior to using this version.

IV Take a while this week and complete the following exercise as completely as you can. Do your very best to take some time with them each day. Use a regular notebook for these exercises and come back to update these lists often. This is an extremely important step that will empower all the magic you will be doing henceforth. Create these lists as completely and specifically as possible.

Try to fill out an entire sheet of notebook paper or more for each of the following lists:

Elimination/banishing

1. What things do I want to eliminate from my life
2. What do I need to forgive myself for?
3. What do I need to be forgiven for by others?
4. Whom do I need to forgive, and for what?

Creating/Attracting

1. What things do I want to have?
2. What things do I want to do?
3. What or whom do I want to be (i.e. I want to be loving to myself and others, I want to be organized, etc.)?

Essay:

Take some time and write out as visual of an example of what you want your life to look like. Be as descriptive as possible. Try to use at least one entire sheet of paper or more and feel free to change it as much as you like.